

Deep Drawing ~ Drawing Meditation

(after Pauline Oliveros)

*On large sheets of paper on the ground with charcoal sticks

Begin by taking a deep breath and letting it all the way out with an air sound.

Do that again but this time draw the breath.

Look with your mind's eye for a line or a form.

On the next breath using any kind of mark, draw the line or form that you have silently perceived on one comfortable breath.

Look at the whole field of marks the group is making.

Select a mark distant from you and draw as exactly as possible the mark you are seeing from that paper.

Look again to the whole field of marks the group is making.

*If necessary move yourself and your paper to a new position

Contribute by making a new mark that no one else is making.

Continue by looking, then making a mark of your own or drawing a mark from another piece of paper alternately.

Repeat as many time as desired.

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Move to next stage:

Go to a sheet, rip or cut out elements that interest you, bring them to the centre of the space, collage these elements together silently. You may move any piece of paper that has been placed down.

When no more movements are made the work is complete.

William Luz